

# What is Qigong?

***Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.***



The word Qigong (Chi Kung) is made up of two Chinese words.

- Qi (pronounced chee) means the life force or vital-energy that flows through the body and all things in the universe.
- Gong (pronounced gung) means accomplishment, or skill that is cultivated through steady practice.
- Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

***Qigong is an integration of physical postures, breathing techniques, and focused intentions.***

Qigong practices can be classified as martial, medical, or spiritual. All styles have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus. Some practices increase the Qi; others circulate it, use it to cleanse and heal the body, store it, or emit Qi to help heal others. Practices may also include a connection to the natural environment.

Practices vary from the soft internal styles such as Tai Chi; to the external, vigorous styles such as Kung Fu. However, the slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged, and can be practiced by all age groups.

***Qigong can be a highly effective health care practice.*** Many healthcare professionals recommend Qigong as an important form of alternative complementary medicine.

Qigong creates an awareness of our internal health that are not part of traditional exercise programs. Most exercises do not involve the meridian system used in acupuncture nor do they emphasize the importance of adding mind intent and breathing techniques to physical movements. When these dimensions are added, the benefits of exercise increase exponentially.

The gentle, rhythmic movements of consistent Qigong practice can reduce stress, build stamina, increase vitality, and enhance the immune system. Some practices have also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

Qigong is recommended by:

- Harvard Medical School
- Cleveland Clinic, Mayo Clinic,
- National Council on Aging (NCOA)
- National Institute of Health (NIH NCCIH)
- American College of Sports Medicine (ACSM)
- Many physicians and Dr Oz.

***People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.***

When these three aspects of our being are integrated, it encourages a positive outlook on life and helps eliminate harmful attitudes and behaviors. It also creates a balanced lifestyle, which brings greater harmony, stability, and enjoyment

There are a wide variety of Qigong practices. They vary from the simple, internal forms to the more complex and challenging external styles. They can interest and benefit everyone, from the most physically challenged to the super athlete. There are Qigong classes for children, senior citizens, and every age group in between. Since Qigong can be practiced anywhere or at any time, there is no need to buy special clothing or to join a health club, however when learning Qigong it is helpful to start with a group or class.

Those who maintain a consistent practice of Qigong find that it helps one regain a youthful vitality, maintain health even into old age and helps speed recovery from illness.

Western scientific research confirms that Qigong practices may also reduce hypertension and the incidence of falling in the aged population.

***Qigong's great appeal is that everyone can benefit, regardless of ability, age, belief system or life circumstances.***

Anyone can enrich their lives by adding Qigong to their daily routine:

- Children learning to channel their energy and develop increased concentration
- Office workers learning Qigong to reduce stress;
- Seniors using gentle movements to enhance balance and their quality of life;
- Caregivers embracing a practice to develop their ability to help others;
- Prisons instituting Qigong programs to restore balance in inmates lives;
- Midwives using Qigong techniques to ease childbirth.



***When an individual or group assumes responsibility and takes action for their health and healing, we all benefit.***